

Return to Rugby

Activity Guidance - Adult Rugby (18+)

Return to Rugby Stage 3 (as of 13 July 2020)

As of 13 July 2020, adult players can undertake restricted small group outdoor activities in line with Scottish Government guidelines. Players are permitted to undertake activity within the following guidelines:

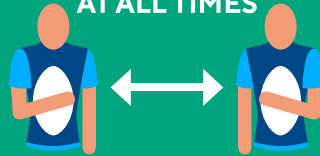
MAX GROUPS OF:

10 PLAYERS PER 1/4 PITCH OR **15 PLAYERS PER 1/2 PITCH**



(from max 5 households)

PHYSICAL DISTANCING MUST BE MAINTAINED AT ALL TIMES

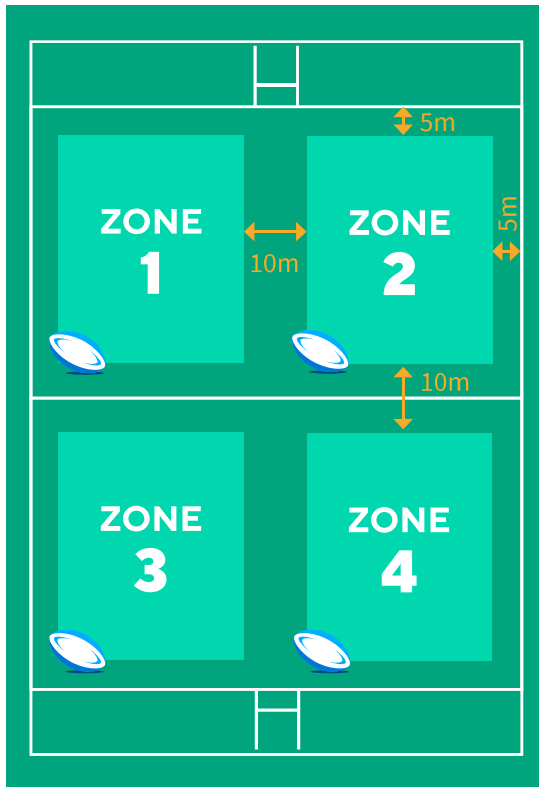


EQUIPMENT SHARING IS PERMITTED



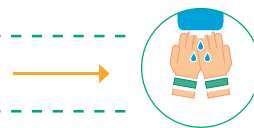
Equipment (inc. balls) should be cleaned/sanitised before and after use.

ACTIVITY ZONE SET-UP



min 10m gap between zones to prevent players from opposing teams running into each other.

min 5m gap between touch line and zones.



Single entry and exit points for players, with hand sanitiser stations available.



Ball cleaning station next to each pitch.

Ball cleaned before and after each activity.



MAX 10 PLAYERS (per 1/4 pitch)
OR 15 PLAYERS (per 1/2 pitch)

from max 5 households.

(1 training 'bubble' per training zone at any one time.)

**During stage 3, adult players
CANNOT participate in:**

Touch rugby
type activities

OR

Traditional contact rugby
activities such as scrum
and tackle practices.

ACTIVITY GUIDANCE

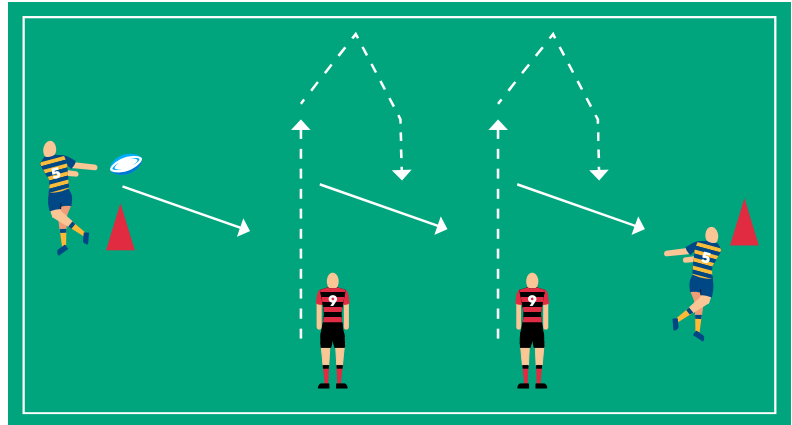
- These guidelines outlined in Stage 3 provide an opportunity for modified skill development and fitness activities to begin.
- Activities involving players passing a ball between each other are permitted, but should follow these rules:
 - No opposition – ball handling should be undertaken without any defence, so to minimise the risk of players coming within 2m of each other.

PASSING ACTIVITY EXAMPLES

The following passing activities are simple examples of how to design sessions within the stage 3 Return to Rugby constraints. We encourage players and coaches to be cautious when designing activities during this phase in order to avoid close contact. Players, at all times, must stay minimum 2m away from each other.

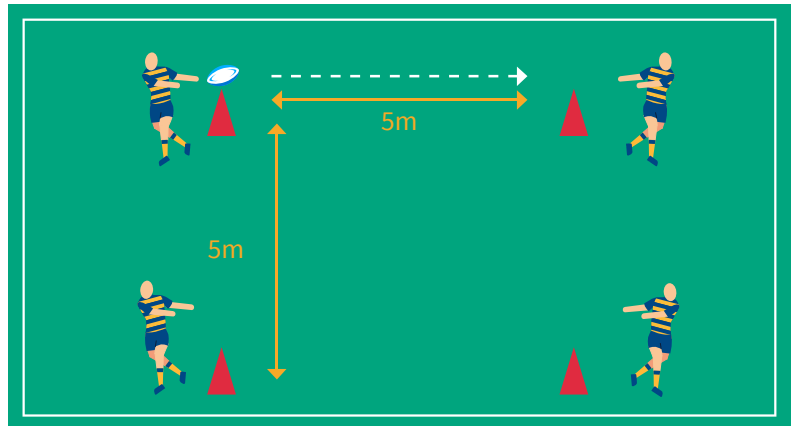
1. PASSING RELAY

- 1-2 players in the middle, 2 on the outside (min 2m apart at all times)
- Players in the middle are receiving and passing the ball to the feeders on the outside.
- Players in the middle must realign to ensure all passes are lateral/backwards.
- Once players in the middle have worked for 4 lengths, swap hands.



2. CATCHING SQUARE

- Groups of 4 with 1 player on each corner (min 2m apart at all times).
- 1 ball active to start with. Can progress to two to increase difficulty.
- Players pass the ball around the square (remaining static) and perform a 'down and up' after each pass



3. PASSING GAUNTLET

- Groups of 6 with 2 players 'working' (see red players) at any one time (min 2m apart at all times).
- 4 players stand on side (2 each side) to feed working players the ball. One ball between each pair on the side.
- Once the working players have passed through the gauntlet, then turn to work their way back.

